



Healthcare Home

Managing Diabetes and High Cholesterol

-Having diabetes puts you at a higher risk for developing high cholesterol. The more you can keep these levels down, the lower your risk of developing cardiovascular disease and other health problems.

-Work with your Nurse Care Manager to learn more and to help manage both with practical lifestyle approaches.

10 TIPS FOR MANAGING DIABETES

- EAT 5 SMALL MEALS DAILY.**

One of the most crucial aspects of blood glucose management is adhering to healthy eating routines. Eating three meals with high quality snacks in between helps stabilize blood glucose levels – helping you make healthier choices at mealtime, control portion sizes, and curb cravings.


- BE MINDFUL OF THE TWO Q'S: QUALITY & QUANTITY.**

Sometimes it is easier to choose healthy foods, but you might still be eating too much. Other times you may notice that you are not overeating, but the choices are not as healthy as they could be. Get in the groove of eating better and eating less.


- PLAN & PREPARE MEALS.**

Healthy eating does not happen by accident, it requires planning ahead, having healthy foods available and taking the time to prepare. We know we need to change what we eat, but we forget to think about how to implement the change. Meal planning can include dining out. Compile menus from local restaurants you know you can rely on.


- MONITOR.**

Whether you are trying to measure blood glucose, weigh-in weekly, track caloric intake or count your steps, monitoring is an important way to collect data and measure progress. Remember, the purpose of tracking is not to do it perfectly every day, but rather to collect data, observe trends and celebrate successes!

